~~Pine Hills~~ Pamo

COOK BOOK

FOR

FIRE SUPPRESSION CREWS

REGION V

CA RC-43- [illegible] MANUAL NOTICE

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UNITED STATES DEPARTMENT OF AGRICULTURE
FOREST SERVICE

INTRODUCTION

This booklet is being issued as a guide to assist the suppression crew foreman in the planning of meals for his crew. Proper feeding is essential to good health and good health is a prerequisite for a good fire fighter. Only tried and approved recipes of a practical nature are included, which does not preclude, but rather encourages reference to additional sources for more complete planning.

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Every Forester should keep himself healthy, strong, a
Daily attention to good food habits is one of the best pay
ments any man may make. To meet the standard of an ade
the daily meals should include the following foods:

or 6 men on

coffee.
from

1. Milk, to drink, in cooked food, or as cheese—1 pint daily.
2. Raw fruit, especially citrus fruits or tomatoes.
3. Cooked fruit, stewed or in puddings.
4. Vegetables, leafy, green or yellow. Raw or cooked. These include cabbage, carrots, green beans, sweet potatoes, spinach.
5. "Starchy vegetable" such as potato, rice, or macaroni.
6. One egg.
7. Meat or fish, or dried beans.
8. Cereals.
9. Bread in some form at each meal.
10. Fats and sweets for extra energy.
11. Water—6 to 8 glasses daily.

The three daily meals should be considered in balancing a day's rations rather than one meal at a time. The three of them together should contain all of the ten classes of food.

SOME GENERAL INSTRUCTIONS

These recipes make six ample servings.

Flour should always be sifted before measuring.

All measurements are standard—8 cups of water for coffee means measuring cups, not coffee cups.

Abbreviations used: teaspoon — tsp.
tablespoon — tbsp.
few grains — f.g.

To test for oven temperature place sheet of unglazed white paper on shelf of heated oven:

1. Slow oven will turn paper light brown in 5 minutes.
2. Moderate oven will turn paper medium brown in 5 minutes.
3. Hot oven will turn paper dark brown in 5 minutes.

Many of the packaged goods such as pancake flour, cornstarch, tapioca, and Jello have instructions on them for their specific use which you should follow.

Allowance for altitude must be made in cooking time of foods. Vegetables take longer to become tender. Cereals and spaghetti also require longer cooking at higher altitudes.

JGGESTED MENU FOR ONE WEEK

	Lunch	Dinner
1. Genera 2. Beve fruit boiled eggs Toast Cereal Coffee	Corn fritters String beans Jello Cookies	Meat pie—biscuit topping Apple salad Custard
Orange Hot cakes Cereal Bacon Coffee	Tomato soup Sandwiches Rice pudding	Baked beans Cabbage salad Buttered carrots Biscuits Stewed fruit
Grapefruit Fried eggs Toast Cereal Coffee	Cheese sandwiches Jelly sandwiches Apple Cake	Meat loaf Scalloped potatoes Green beans Fruit tapioca Cookies
Orange French toast Bacon Cereal Coffee	Boiled beans Vegetable salad Applesauce	Macaroni and tomatoes Scalloped spinach Corn bread Chocolate pudding
Tomato juice Scrambled eggs Fried mush Coffee	Vegetable soup Cheese sandwiches Bread pudding	Chops and gravy Mashed potatoes Candied carrots Berry pie
Stewed fruit Fried eggs Hot cakes Cereal Coffee	Meat sandwiches Apple butter sandwiches Orange Cookies	Spanish rice Scalloped cabbage Fruit salad Tapioca pudding
Orange Toast Cereal Coffee	Eggplant patties Fruit salad Baked custard	Salmon loaf French fried potatoes String beans Apple pie

BEVERAGES

Coffee (10 servings—this amount can be made once daily for 6 men on present ration)

8 cups cold water
1 cup coffee

Put water in coffee pot. Add coffee. Bring to boil slowly. Remove from heat. Add ¼ cup cold water.

Tea (12 servings)

3 tbsps. tea
9 cups boiling water

Place tea in pot. Pour boiling water over. Steep 5 minutes.

Cocoa

2 cups water
6 cups milk
½ cup sugar
¾ cup cocoa
⅛ tsp. salt

Mix sugar, salt, cocoa in sauce pan. Add water, stirring. Boil 2 minutes, over low heat, stirring constantly. Add milk. Heat to boiling, stirring occasionally, but do not boil.

Lemonade

½ cup sugar
½ cup water
⅔ cup lemon juice

Boil sugar and water together 2 minutes. Cool. Add lemon juice. Add 6 cups water when time to serve.

CEREALS

Oatmeal

3 cups oatmeal
5 cups boiling water
1 tsp. salt

Stir oats into salted water. Cook 3 minutes, stirring frequently.

Cornmeal Mush

4 cups boiling water
1 tsp. salt
¾ cup cornmeal

Add cornmeal slowly to salted water, stirring constantly. Cook 5 to 7 minutes. May cook longer by placing over boiling water in double boiler.

Fried Mush

Follow recipe for cornmeal mush. Pour into buttered bread pan and let stand till thoroughly chilled. Turn out of pan and slice in ½ inch slices. Fry in hot shortening till brown.

Rice

2 cups rice
5 cups boiling water
½ tsp. salt

Add rice to salted water. Cover, place on low heat and steam 25 minutes.

EGGS

Scrambled Eggs

8 eggs
1 cup milk
4 tbsps. butter
1 tsp. salt
Few grains pepper

Break eggs into bowl. Beat well. Add salt, pepper, milk and stir well. Melt butter in saucepan. Add eggs. Cook over low heat, stirring occasionally, until eggs are of a jelly consistency, not hard.

Poached Eggs

Grease frying pan, fill 2/3 full with water. Add 1 tsp. salt for each quart of water. Bring to boil and let simmer. Break desired number of eggs into water. Keep water hot without boiling. Cover pan. Remove from water with a perforated skimmer when they are of desired consistency (3 to 6 minutes).

Boiled Eggs

Method 1—Use 1 cup water for each egg. Put eggs in boiling water. Cover pan, remove from heat. Remove eggs in from 5 to 8 minutes.

Method 2—Use 1 cup water for each egg. Put eggs in cold water, bring to boiling point quickly. Remove eggs.

Plain Omelet

8 eggs
½ cup milk
1 tsp. salt
3 tbsps. butter

Mix eggs, milk, salt and beat until well blended. Melt butter in hot frying pan. Add eggs and lower heat. Shake pan continually, occasionally lifting mixture from sides so that uncooked mixture on top will run to the bottom and the whole cook evenly.

Fried Eggs

Melt butter or bacon fat in hot frying pan. Break desired number of eggs into pan. Season with salt and pepper. Pour 1 tsp. water over each egg. Cover pan and reduce heat. Cook to desired consistency.

BREAD

Baking Powder Biscuits

3 cups sifted flour
5 tsps. baking powder
¾ tsp. salt
6 tbsps. shortening
1 cup milk

Sift flour, salt, baking powder together. Cut in shortening. Add milk, stirring only until all flour is dampened. Place on lightly floured board. Knead lightly for ½ minute. Roll out to ½ inch thickness. Cut with 2 inch biscuit cutter. Bake on lightly greased baking sheet in a hot (450°) oven for 15 minutes. Makes 18 to 20 biscuits.

French Toast

6 eggs
½ tsp. salt
1 cup milk
12 slices bread

Beat eggs slightly. Add salt and milk and beat till well blended. Dip bread into egg mixture. Fry in generous amount of hot shortening until golden brown, turning once.

Hot Cakes

3 cups sifted flour
3 tsps. baking powder
1½ tsps. salt
3 tbsps. sugar
3 eggs
2¼ cups milk
3 tbsps. melted shortening

Sift flour with baking powder, salt and sugar. Beat eggs, add milk; then add shortening. Combine with flour mixture. Beat with rotary beater only until smooth. Drop by tablespoons on hot, slightly greased griddle. Turn cakes when bubbles break; bake till golden brown. Makes 15 to 18 4-inch cakes.

Corn Bread

1 cup sifted flour
1 cup cornmeal
2½ tsps. baking powder
½ tsp. salt
2 tbsps. sugar
2 eggs
1 cup milk
2 tbsps. shortening, melted

Sift flour, cornmeal, baking powder, salt and sugar together into large bowl. Combine slightly beaten eggs, milk, shortening. Add to dry ingredients and mix thoroughly. Pour into greased 8 inch square pan. Bake in moderate (350°) oven 40 minutes.

Standard Bread

6 to 7 cups flour
1 cup milk
1 cup water
1 yeast cake
2 tbsps. sugar
1 tbsp. salt
2 tbsps. shortening

1. Scald milk; add water; cool to lukewarm (neither warm nor cold to touch).
2. Add crumbled yeast cake, sugar, salt. Beat vigorously until yeast is dissolved.
3. Add 3 cups flour to mixture. Beat well. Add remaining flour gradually, using just enough to keep dough from sticking.
4. Add shortening, and work till sides of bowl are clean and dough seems partially smooth.
5. Knead dough on lightly floured board until smooth.
6. Place in greased bowl. Cover with damp towel and let rise in warm (80 to 85° F.) place until double in bulk — about 2 hours. Punch down to original size. Turn over in bowl and let rise again until double in bulk.
7. Place dough on floured board. Shape in 2 balls. Let stand 15 minutes. Then pound dough lightly with closed fist until flattened. Fold in half and repeat. Pick up both ends of dough and stretch out by slapping middle on board.
8. Fold ends toward middle, roll up ⅓ of length at each end. Press together at fold. Place dough in 2 well greased bread pans (9″ x 4″ x 4″). Let rise in warm place till rounded over top of pan —about 1 hour.
9. Bake 15 minutes in hot (450°) oven, then reduce to moderate and bake 30 minutes longer.

Pan Rolls

Follow recipe for standard bread. When dough is ready for shaping, roll into round balls about 1 inch in diameter. Place ½ inch apart in well greased layer cake pan. Let rise until double in size. Bake 15 minutes in hot (450°) oven.

SOUPS

Bean Soup

- 1½ cups dried, or
- 3 cups cooked beans, any variety
- 1 small onion
- 2 tbsps. butter
- 1 tsp. salt
- ¼ tsp. pepper
- 4 cups milk

Cook beans according to general directions, page 17. Force through coarse sieve. Chop onion, fry in hot melted butter till limp, but not brown. Add to bean puree. Add seasonings and milk. Heat just to boiling.

Potato Soup

- 2 large potatoes, cubed
- 1 large onion, sliced
- 4 slices bacon
- 3 tbsps. flour
- 1 tsp. salt
- 4 cups milk

Boil peeled potatoes and onions in 2 cups water until tender. Force through coarse sieve. Fry bacon till crisp. Remove from pan and to 3 tbsps. bacon fat add the flour, stirring till smooth. Slowly add the milk, stirring constantly. Cook till thickened. Combine with potato puree. Add salt, heat thoroughly. Just before serving add chopped bacon.

Tomato Soup

- 2 cups cooked tomatoes
- 2 tbsps. butter
- 2 tbsps. flour
- 3 cups milk
- Pinch soda
- 1 tsp. salt
- Dash pepper

Melt butter, blend in flour. Add milk gradually, stirring constantly until thickened. Heat tomatoes, add soda; gradually add to milk sauce. Add seasonings.

Pea Soup

Substitute 2 cups peas, sieved, for tomatoes and omit soda in above recipe.

Vegetable Soup

- 3 tbsps. butter
- ½ cup sliced celery
- 1 cup cubed carrots
- 1 small onion, sliced
- 1 cup canned corn
- 1½ cups water
- 1 tsp. salt
- Few grains pepper
- 1 tsp. sugar
- 3 cups tomatoes

Fry celery and onion in hot butter till limp, but not brown. Add rest of ingredients. Cover and simmer 30 minutes.

Chili

2 onions, chopped
1 lb. ground beef
2 tbsps. shortening
3 tbsps. chili powder
2 bay leaves
½ tsp. salt
2 cups cooked tomatoes
2 cups water
1½ cups dried pink beans

1. Fry onions and beef in hot melted shortening in heavy frying pan, until meat separates, stirring.
2. Add seasonings, sieved tomatoes, water. Cook slowly 2 hours, stirring occasionally.
3. Cook beans according to general directions, page 17.
4. Add meat mixture to beans. Let stand several hours, or over night. Heat when ready to serve.

MEATS

Roasts

Wipe meat with damp cloth. Place in open pan. Rub with salt allowing ½ tsp. per lb., and with butter. Have oven at moderate (350°) temperature and bake 30 minutes per lb. For less tender cuts of meat, bake at a lower (300°) temperature and allow 45 minutes per lb.

Fried Meats

1. Melt a little fat in hot frying pan. Brown meat well on both sides, then reduce heat slightly to cook thoroughly, turning occasionally.
2. Season meat with salt and pepper. Dredge with flour if desired. Brown meat on both sides in hot fat. Add small amount of water (or tomatoes). Cover tightly. Cook slowly, 20 minutes, or bake ½ hour in moderate oven.

Baked Ham

Cover ham with cold water and simmer 30 minutes per lb. Allow to cool in water. Trim excess fat and skin. Place in roaster and coat with brown sugar or honey, or fruit juices. Brown in moderate oven 45 minutes.

Meat Balls

1½ lbs. ground beef
1 egg, beaten
1 tsp. salt
Few grains pepper
1 small onion, minced
2 tbsps. flour
2 tbsps. shortening
1½ cups liquid
(water, veg. juices)
2 tbsps. ketchup

1. Mix beef, egg, salt, pepper and onion, and form into small balls.
2. Roll in flour.
3. Brown on all sides in hot shortening.
4. Add liquid to meat and stir, lower heat, add ketchup. Simmer 20 minutes.

Meat Pie

2 lbs. beef, cubed
3 tbsps. flour
3 tbsps. fat
1½ cups boiling water
2 tsps. salt
⅛ tsp. pepper
1 tsp. meat sauce
2 cups canned tomatoes
2 cups string beans (½ lb.)
6 medium potatoes

1. Dredge meat in flour.
2. Brown in hot fat.
3. Add water, simmer ½ hour.
4. Add salt, pepper, meat sauce; blend well. Place string beans and halved peeled potatoes on top of meat and cook 1 hour.
5. Remove meat and vegetables to 2 qt. baking dish.
6. Thicken liquid with 2 tbsps. flour mixed to smooth paste in ¼ cup water. Cook 3 minutes.
7. Pour gravy over meat.
8. Top with biscuits or pastry. Bake in hot (400°) oven 30 minutes.

Mulligan Stew

Use recipe for meat pie. Fry 1 diced onion, while browning meat. When adding vegetables, dice the potatoes. May add other vegetables (corn, peas, or carrots).

Meat Loaf

1¼ lbs. beef, ground
¼ lb. pork, ground
¼ cup onions, chopped
1 cup uncooked oatmeal
2½ tsps. salt
¼ tsp. pepper
1 tsp. dry mustard
¼ cup ketchup
1 egg, well beaten
1 cup water

Combine all ingredients in order listed and mix well. Pack firmly into loaf pan 3″ x 8″. Bake in moderate (375°) oven for 1 hour.

Savory Meat Loaf

2 tbsps. minced onion
2 slices bacon, diced
2 lbs. ground beef
½ cup tapioca
2½ tsps. salt
¼ tsp. pepper
2 cups sieved canned tomatoes

Fry bacon and onion till brown. Mix with rest of ingredients thoroughly. Bake in loaf pan in hot (450°) oven 15 minutes, then in moderate (350°) oven 40 minutes.

GRAVIES

Meat Gravy

6 tbsps. meat drippings
3 tbsps. flour
3 cups cold water or milk
Salt and pepper to taste

Method 1—Pour off excess drippings. Stir flour into measured amount in pan, blending well. Remove from heat. Stir in liquid, return to heat and continue stirring till smooth.

Method 2—Add 2¼ cups liquid to meat drippings in pan. Let come to a boil. Combine remaining ¾ cup liquid with flour in a smooth paste. Add to hot liquid, stirring till smooth.

Brown Gravy

6 tbsps. flour
6 tbsps. butter
3 cups soup stock or bouillon

Brown flour with butter in hot pan. Add liquid and stir till smooth. Season. Cook 15 minutes.

White Sauce—for Creamed Vegetables

2 tbsps. flour
2 tbsps. shortening
1 cup milk
½ tsp. salt
Few grains pepper

Method 1—

1. Scald milk in saucepan.
2. Mix softened shortening, flour and seasonings together.
3. Dump all at once into milk and beat immediately with rotary beater till smooth. Cook 15 minutes.

Method 2—

1. Melt shortening in saucepan.
2. Add flour and blend to smooth paste.
3. Add milk, stirring constantly till thickened. Cook 15 minutes. Season.

VEGETABLES

General Directions for Cooking Fresh Vegetables

1. They should be cooked in the shortest time possible.
2. A wide bottomed pan will allow the vegetables to cook faster, and if the vegetable is to be covered, the lid should fit tightly.
3. The smaller the vegetable is cut, the faster it will cook.
4. Vegetables should always be dropped into boiling salted water, using 1 tsp. salt for each quart of water.
5. Do not overcook vegetables. Test with a fork and when just tender they should be drained and buttered.
6. The general rule is that green vegetables and strong flavored vegetables are cooked without a lid, in water to completely cover them. Yellow vegetables are cooked in a small amount of water with lid on pan.

7. The altitude will affect the length of cooking—the higher the elevation, the longer the cooking period.
8. The cooking instructions for most vegetables are as follows:
   a. Cooked in small amount of water, with a lid—
   Carrots, 20 minutes; **Celery,** 20 minutes; **Eggplant,** 15 minutes.
   b. Cooked in water to cover vegetables, with a lid—
   Sweet potatoes, 40 minutes; **White potatoes,** 30 minutes; **Beets,** 60 minutes.
   c. Cooked in water to cover vegetables, without a lid—
   Asparagus, 25 minutes; **Peas,** 25 minutes; **Spinach,** 10 minutes; **String beans,** 20 minutes; **Turnips,** 30 minutes.
   d. Cooked in large amount of water, without a lid—
   Cabbage, 10 minutes; **Onions,** 30 minutes.

POTATOES

Boiled

May be scrubbed well and boiled with their jackets on; or peeled and quartered. It takes longer to cook them unpeeled; allow about 40 minutes.

Baked

Scrub well, cut off each end. Rub potato lightly with shortening. Bake in hot oven one hour.

Mashed

Use peeled, boiled potatoes; save liquid to dilute the evaporated milk. Add butter, seasonings to riced potatoes and heat as the liquid is slowly added. The amount of milk depends upon the potatoes.

Scalloped

4 potatoes
3 tbsps. flour
1½ tsps. salt
¼ tsp. pepper
2 cups milk
2 tbsps. butter

Peel potatoes and slice thin. Combine flour, salt and pepper. Place layers of potatoes in greased baking dish, sprinkling each layer with flour mixture. Pour milk over potatoes; dot with butter. Bake in moderate oven one hour.

Oven Fried

Prepare potatoes in strips as for regular French fries. Place in shallow baking dish with salad oil and butter (3 tbsps. oil, 3 tbsps. butter for 6 potatoes). Stir well. Season with salt. Bake in hot oven (400°) for 30 minutes until brown and tender. Stir occasionally.

French Fried

Wash and peel potatoes cut in lengths about ⅛ to ¼ inch thick. Soak in cold water 30 minutes. Drain and dry. Fry in preheated fat 5 to 8 minutes. The heat should be medium. If it is too hot the potatoes will brown before they are cooked. Remove to absorbent paper and sprinkle with salt. May use boiled potatoes, in which case the fat should be hotter.

Pan Fried

Use cold potatoes, boiled with their jackets on. Place generous amount of grease in frying pan and heat. Add peeled, sliced potatoes and allow to brown, then turn with spatula. May need to add more grease to brown them after turning. Season. May use raw potatoes. Slice peeled potatoes thin. Add to hot grease in frying pan. Brown and turn. Then reduce heat, and cover for few minutes to hasten cooking.

Scalloped Corn

- 1 No. 2 can cream style corn
- 2 tbsps. chopped pimiento or green pepper (may omit)
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 cup finely rolled cracker crumbs
- 2 tbsps. butter
- ½ cup milk

1. Combine corn, pimiento, salt, pepper. Place half in well greased (7″x11″x 2″) baking pan.
2. Sprinkle with half of crumbs; dot with half of butter.
3. Add remaining corn. Pour milk over corn.
4. Sprinkle remaining crumbs over corn, dot with rest of butter.
5. Bake in moderately hot (400°) oven 30 minutes.

Corn Fritters

- 1 cup flour
- 1½ tsps. salt
- ¼ tsp. pepper
- 2 eggs, beaten separately
- 1 cup cream style corn
- 1 tbsp. melted shortening

1. Mix flour, salt, pepper together.
2. Add corn to egg yolks.
3. Stir in flour and shortening.
4. Fold in egg whites.
5. Drop by tablespoon into hot shortening ¼ inch deep in frying pan.

Scalloped Cabbage

- 4 cups finely shredded cabbage
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 cup milk
- 3 tbsps. butter
- ¾ cup bread crumbs or cubes

1. Place cabbage in well greased 2-qt. baking dish.
2. Add seasonings to milk. Pour over cabbage.
3. Dot with butter; sprinkle with crumbs. Cover.
4. Bake in moderately hot (400°) oven 30 minutes.

Fried Cabbage

- 1 tbsp. shortening
- 3 cups shredded cabbage
- 1 cup sliced celery
- 1 green pepper, chopped
- 1 onion, chopped
- Salt and pepper to taste

1. Melt shortening in hot frying pan.
2. Drop in vegetables. Stir well. Cover.
3. Steam for 5 minutes on lowered heat.
4. Season, serve immediately.

Wilted Spinach

1 lb. fresh spinach
½ cup sliced onion
½ cup finely diced bacon
2 tbsps. sugar
½ tsp. salt
⅛ tsp. pepper
½ tsp. celery seed
½ cup cider vinegar

1. Wash, pick over and remove stems from spinach. Cut into coarse shreds.
2. Combine spinach and onion in large mixing bowl.
3. Fry bacon in frying pan until lightly brown. Add seasonings and vinegar. Bring to a boil.
4. Pour vinegar mixture over spinach.
5. Invert frying pan over spinach bowl to steam, about 3 minutes. Serve at once.

Baked Spinach

2½ cups chopped fresh spinach
2 tbsps. chopped onion
½ tsp. salt
¼ tsp. pepper
1 egg, beaten slightly
½ cup milk
½ cup buttered bread crumbs

1. Combine spinach, onion, salt and pepper.
2. Add milk to egg. Add to spinach.
3. Place in 2-quart baking dish. Top with buttered crumbs.
4. Bake in hot (450°) oven 15 minutes.

Creamed Spinach

½ cup cream sauce
1 pound cooked spinach
¼ tsp. nutmeg

Mix together and heat thoroughly.

Eggplant Patties

2 large eggplants
2 eggs, slightly beaten
2 onions, minced
1 tsp. poultry seasoning
Salt and pepper to taste
Flour to make stiff batter

1. Cook peeled, diced eggplant in boiling salted water until tender.
2. Drain in colander until cool. Mash.
3. Add rest of ingredients.
4. Drop by tablespoon into hot bacon fat, cooking until brown, turning once.

Scalloped Eggplant

1 large eggplant
1 tsp. salt
⅛ tsp. pepper
¼ cup butter
⅓ cup chopped onion
3 tbsps. flour
4 cups cooked tomatoes
3 tbsps. bread crumbs

1. Peel and dice eggplant. Sprinkle with salt and pepper.
2. Fry in melted butter in heavy frying pan until lightly brown. Remove eggplant.
3. Fry onion until limp but not brown. Blend in flour; add tomatoes and cook until slightly thickened.
4. Arrange alternate layers of eggplant and tomatoes in well greased baking dish. Top with crumbs.
5. Bake in moderate (350°) oven for 45 minutes.

Sweet and Sour Carrots

- 4 cups diced carrots
- 2 cups boiling water
- 2 tbsps. butter
- 2 tbsps. flour
- ¾ tsp. salt
- ¼ tsp. pepper
- 3 whole cloves
- 1 cup carrot liquor
- 2 tbsps. sugar
- 2 tbsps. vinegar

1. Cook carrots in boiling water until tender. Drain, saving liquor.
2. Brown butter and flour. Add salt, pepper, cloves and carrot liquor, stirring constantly.
3. Heat to boiling; add vinegar and sugar.
4. Cook until smooth and add carrots.

Candied Carrots

- 15 medium carrots
- ½ cup sugar
- ¼ cup water
- 2 tbsps. shortening

1. Cook carrots until tender. Cool and peel.
2. Dissolve sugar in water. Add to shortening in cold frying pan.
3. Heat until shortening melts; add carrots.
4. Cook until carrots are glazed.

Stewed Tomatoes

- 1 No. 2½ can tomatoes
- 1 onion, minced
- 1 green pepper, chopped
- 1 tbsp. sugar
- ½ tsp. salt
- 2 tbsps. butter

Combine all ingredients and simmer slowly until thick, about 20 minutes, stirring occasionally.

Spanish String Beans

- 3 tbsps. shortening
- 3 cloves garlic
- 1 onion
- 1 cup cooked tomatoes
- 2 cups cooked string beans
- 1 tsp. salt
- 2 tbsps. vinegar

1. Melt shortening in saucepan. Brown garlic and onion. Remove garlic.
2. Add beans and tomatoes. Cover and cook slowly 20 minutes.
3. Season with salt and vinegar.

Savory String Beans

- ⅓ cup butter, melted
- 2 tbsps. vinegar
- ½ tsp. salt
- 3 tbsps. chopped pimiento
- 2 cups cooked string beans

1. Cook all but beans together slowly for 7 minutes.
2. Pour over heated beans.

ENTREES

Spanish Rice

⅓ cup salad oil
1 cup sliced onions
1 lb. ground meat
1 green pepper, sliced
1 cup diced celery
3½ cups cooked tomatoes
2 tsps. salt
½ tsp. pepper
2 tbsps. meat sauce (may omit)
1 cup rice, uncooked

1. Heat oil in heavy frying pan. Brown onion. Add meat and brown.
2. Add pepper, celery, tomatoes and seasonings. Bring to boil, stirring.
3. Sprinkle rice over top. Do not stir after adding rice. Cover.
4. Cook on low heat for 40 minutes.

May substitute ½ package cooked spaghetti for the rice.

Spaghetti

½ lb. spaghetti
1½ cups tomatoes
¼ cup sour cream (may omit)
1½ tbsps. sugar
1 tsp. salt
2 tbsps. butter
2 onions, sliced
1 green pepper, chopped
½ cup sliced mushrooms (may omit)
½ cup grated cheese

1. Cook spaghetti in boiling salted water 15 minutes. Rinse in cold water.
2. Add tomatoes, cream, seasonings. Cook 25 minutes.
3. Fry onion and pepper in butter 15 minutes. Add with mushrooms to spaghetti. Cook 3 minutes.
4. Add cheese and serve.

May add diced cooked bacon, ham, or other chopped cooked meats.

Macaroni and Cheese

¼ lb. macaroni
3 tbsps. butter
4 tbsps. flour
1 cup milk
1½ cups grated cheese
1 tsp. salt
¼ tsp. dry mustard
1 tsp. meat sauce
⅓ cup diced pimiento
½ cup diced green pepper
3 hard cooked eggs

1. Cook macaroni in large amount boiling salted water 20 minutes. Drain
2. Make cheese sauce: Melt butter, add flour, blend in milk, stirring constantly, cook until thickened, about 10 minutes. Add cheese and stir until blended. Add salt, mustard and meat sauce.
3. Combine macaroni, pimiento, pepper, diced hard cooked eggs and half of cheese sauce.
4. Pour into well greased loaf pan (9″x4″x3″).
5. Bake in moderately hot (400°) oven 25 minutes.
6. Unmold and slice. Serve with remaining sauce to which ½ cup sliced ripe olives have been added.

Macaroni and Tomatoes

- 1½ cups uncooked macaroni
- 1 lb. link pork sausage (may omit)
- 1 cup sliced onion
- ½ tsp. salt
- ¼ tsp. pepper
- 2 cups cooked tomatoes
- ½ cup grated cheese

1. Cook macaroni in boiling, salted water 20 minutes. Drain.
2. Brown sausages in frying pan.
3. Arrange sausages in well greased 2-qt. casserole. Cover with onions.
4. Add macaroni. Mix seasonings with tomatoes and pour over macaroni.
5. Sprinkle with cheese.
6. Bake in moderate oven (350°) 30 minutes.

GENERAL DIRECTIONS FOR COOKING DRIED BEANS

For Lima Beans—Pick over beans. Wash well. Soak in water to cover 6 to 8 hours or over night. Place beans and water in large kettle and add one tsp. salt for each cup dried beans. Cook at simmering temperature until beans are tender, 2 to 3 hours. Keep beans well covered with water while cooking. 2 cups dried beans will yield 5 cups cooked.

For All Beans Other than Lima Beans—Pick over beans carefully. Wash well. Do not soak. Place in large kettle. Add hot water to cover and 1 teaspoon salt for each cup beans. Cover, cook at simmering temperature until beans are tender, 2 to 3 hours. Add more water as needed to keep beans well covered.

Baked Beans

- 2 cups dried navy beans
- ½ lb. salt pork or 4 tbsps. bacon fat
- 1 large onion
- 1 tbsp. molasses
- 2 tsps. salt
- ¾ tsp. dry mustard
- 6 tbsps. tomato catsup
- 4 tbsps. brown sugar

1. Cook according to general directions. Drain off bean liquid.
2. Place salt pork in bottom of baking pan. Add beans. Insert slices of onion.
3. Mix remaining ingredients with bean liquid. Pour over beans. If bacon fat is used mix with bean liquid.
4. Cover. Bake in moderate (350°) oven about 4 hours; removing cover last hour of baking. Add more water if beans become dry during baking.
5. May substitute lima, pink or kidney beans for the navy beans.

Boiled Kidney Beans

- 2 cups dried kidney beans
- 2 tsps. salt
- 2 onions

1. Cook according to general directions.
2. Add salt and chopped onions and cook slowly till beans are tender; about 1 hour. Stir frequently. Add more water if necessary.

Limas Con Carne

1 lb. ground beef
1 small onion, chopped
2 cups tomatoes
2 cups cooked lima beans
Salt and pepper to taste

1. Brown meat in a little fat. Add onions and tomatoes and cook 30 minutes.
2. Add beans and heat 10 minutes.

FISH

Salmon Loaf

1 lb. can salmon
½ tsp. grated onion
1 cup bread crumbs
1 tsp. salt, f.g. pepper
1 tbsp. lemon juice
1 cup white sauce
2 eggs, well beaten

1. Flake salmon. Add onion, crumbs.
2. Combine white sauce and eggs.
3. Add to salmon. Add lemon juice and seasonings.
4. Pour in well greased loaf pan. Bake in moderate oven (350°) for 45 minutes. Serve with rice or noodles.

Creamed Salmon

1 lb. can salmon
2 cups white sauce
½ tsp. meat sauce
¼ cup chopped sweet pickles (may omit)

Combine all ingredients and heat over hot water.
Serve over baked potatoes.

Oven Fried Salmon

6 slices salmon
4 tbsps. butter, melted
2 tsps. lemon juice
½ tsp. meat sauce
½ tsp. salt
½ tsp. paprika

1. Combine all ingredients but fish in large baking pan.
2. Lay slices in sauce turning to coat them well.
3. Bake in hot (400°) oven 30 minutes. Turn once.

SALADS

Mayonnaise

2 egg yolks
¼ cup vinegar or lemon juice
1 pt. salad oil
1 tsp. salt
⅛ tsp. pepper

1. Beat egg yolks and add a few drops of vinegar.
2. Add ¼ cup oil, drop by drop, beating constantly.
3. Gradually add rest of oil. As mixture thickens add a little vinegar alternately with oil.
4. Add salt and pepper.
5. May add other seasonings such as sugar, mustard, catsup.

French Dressing

1 cup salad oil
¼ cup vingear or lemon juice
2 tsps. sugar
1 tsp. dry mustard
2 tsps. paprika
½ tsp. salt
½ tsp celery salt } If not available
½ tsp. onion salt } add another ½ tsp. salt
Dash pepper, cayenne
Clove of garlic

Mix all together thoroughly. Shake well before using.

Combinations

When fruits are used in salads they should be diced. Carrots and cabbage are grated, and greens should be chopped. Prepare immediately before serving as fruits and vegetables do not stay crisp after dressing has been added.

Apple, celery, nuts or raisins mixed with mayonnaise.

Carrots, apples, raisins with mayonnaise.

Grapefruit, orange, pineapple with French dressing.

Apples, bananas, celery, pineapple with mayonnaise.

Cabbage, carrots, celery with mayonnaise.

Asparagus with French dressing.

Carrots, shredded spinach, raw grated cauliflower, grated with French dressing.

Tomatoes, cucumber, celery, onion, lettuce with French dressing or mayonnaise.

Potato Salad

4 potatoes
2 hard cooked eggs
1½ tsps. salt
½ cup chopped pickle (any kind)
1 cup mayonnaise

1. Wash potatoes and boil with jackets on for 40 minutes; drain and cool.
2. Peel potatoes, dice. Dice eggs.
3. Combine all ingredients and let stand several hours.

May add any of the following:

½ to 1 cup sliced celery
1 cup diced cucumber
1 cup shrimps

DESSERTS

Rice Pudding

¼ cup raw rice
4 cups milk
½ tsp. salt
½ cup sugar or molasses
1 cup raisins
2 tsps. vanilla

1. Place in buttered baking dish. Pour in milk. Bake, covered, in a slow (250°) oven for 1½ hours, stirring occasionally.
2. Add remaining ingredients and bake 1 hour without stirring.

Thrifty Rice Pudding

4 cups canned fruit juice
⅛ tsp. salt
4 tbsps. cornstarch
3 cups cooked rice
1 cup raisins
1 tbsp. lemon juice

1. Combine ½ cup juice with salt and cornstarch. Heat remaining juice in saucepan. Add cornstarch paste gradually, stirring constantly. Cook till thickened, about 10 minutes.
2. Add rice and raisins. Heat thoroughly, about 5 minutes, stirring constantly.
3. Add lemon juice. Serve hot.

Bread Pudding

2 cups bread cubes
2 cups milk
3 tbsps. butter
¼ cup sugar
2 eggs, beaten
Dash salt
½ tsp. vanilla

1. Place cubed bread in buttered baking dish.
2. Mix milk, butter, sugar and heat, stirring, just until sugar is dissolved and butter melted.
3. Stir milk into eggs, add salt, vanilla.
4. Pour over bread.
5. Set baking dish in pan of hot water and bake in a moderate oven (350°) for 1 hour or until custard is set.

May add:

1. ½ cup raisins, nuts, dates or coconut.
2. ¼ cup cocoa to milk when heating.

Or substitute:

1. ½ cup brown sugar for white sugar; add ¼ teaspoon soda.
2. ½ cup honey for sugar and ½ teaspoon lemon extract for vanilla.
3. 1 cup coffee for one cup of milk.

Tapioca Pudding

2 egg yolks
4 cups milk
⅓ cup tapioca
½ cup sugar
¼ tsp. salt
2 egg whites
1 tsp. flavoring

1. Mix egg yolks with small amount of milk in saucepan.
2. Add tapioca, sugar, salt and remaining milk.
3. Bring to a full boil, stirring constantly, remove from fire.
4. Beat egg whites to hold shape. Fold tapioca into them. Add flavoring. Cool.

Fruit Tapioca

2½ cups canned fruit juice and water
¼ cup tapioca
½ cup sugar
¼ tsp. salt
1½ cups diced fruit
2 tbsps. lemon juice

1. Combine liquid, tapioca, sugar, salt in saucepan. Mix well.
2. Bring mixture quickly to a boil, stirring constantly. Remove from fire. Add fruit and lemon juice.
3. Cool, stirring occasionally.

Baked Custard

- 3 eggs, beaten slightly
- 3 cups milk
- 6 tbsps. sugar
- ⅛ tsp. salt
- 1 tsp. vanilla

1. Add all ingredients to eggs and beat to mix.
2. Pour into loaf pan. Bake in pan of hot water in moderate oven (350°) for 45 minutes or until set.

Boiled Custard

- 3 cups milk
- 3 tbsps. cornstarch
- ¾ cup sugar
- ⅛ tsp. salt
- 2 eggs, well beaten
- ½ tsp. vanilla

1. Scald milk in double boiler.
2. Combine cornstarch, sugar, salt with eggs.
3. Add scalded milk gradually, stirring constantly.
4. Cook over hot water, stirring until thickened. Then continue cooking 15 minutes longer, stirring occasionally.
5. Add vanilla and cool.

Chocolate Pudding

- 2 cups milk
- ½ cup cocoa (or 2 squares bitter chocolate)
- 1½ tbsps. cornstarch
- ½ cup sugar
- ½ tsps. salt
- 2 eggs, beaten separately
- 1 tsp. vanilla

1. Scald milk and cocoa in double boiler, stirring until smooth.
2. Mix cornstarch, ¼ cup sugar, salt and pour milk over, stirring.
3. Return to double boiler and cook 25 minutes stirring constantly until thickened.
4. Beat remaining ¼ cup sugar with egg yolks. Pour chocolate mixture over, stirring.
5. Return to double boiler and cook one minute. Cool.
6. Add vanilla and stiffly beaten egg whites.

Pie Crust (One 2-crust Pie)

- 2 cups flour
- ⅔ cup shortening
- ¼ cup water
- 1 tsp. salt

1. Mix 1⅔ cups flour, salt and shortening together until shortening is size of small peas.
2. Mix remaining ⅓ cup flour and water together to a smooth paste.
3. Combine two mixtures, mixing until flour holds together.

Apple Pie

5 or 6 cooking apples
1 cup sugar
Dash salt
½ tsp. cinnamon
1 tbsp. butter

1. Line pie pan with pastry.
2. Pare and slice apples into lined pie pan.
3. Sprinkle sugar over apples. Then add salt and cinnamon. Dot with butter.
4. Cover with top crust. Press edges together so juice will not run out. Cut slits in top crust for steam to escape.
5. Bake in hot (450°) oven for 15 minutes. Then reduce heat to moderate (350°) and bake 45 minutes.

Canned Fruit Pie

2½ cups drained fruit
1 cup fruit juice
2½ tbsps. tapioca
Sugar to sweeten (2 to 4 tbsps.)
⅛ tsp. salt
1 tbsp. melted butter

Combine all ingredients and let stand 15 minutes.
Pour into crust-lined pie pan.
Cover with top crust. Cut slits in top.
Bake in hot (450°) oven 15 minutes. Then reduce heat to moderate (350°) for 25 minutes.

Custard Pie

2 cups milk (scalded)
3 eggs, beaten slightly
½ tsp. salt
⅓ cup sugar
Dash nutmeg

1. Add sugar and salt to eggs. Add milk.
2. Pour into pastry lined pie pan. Sprinkle with nutmeg.
3. Bake in hot (450°) oven for 10 minutes. Then reduce to moderate (350°) for 30 to 40 minutes.

Ice Box Cookies (8 Dozen)

4½ cups flour
1 tsp. soda
2 tsps. baking powder
1½ tsps. salt
1 tsp. cinnamon
1½ cups melted shortening
1 cup brown sugar; firmly packed
1 cup white sugar
3 eggs
1 cup chopped nuts (may omit)

1. Sift flour with soda, baking powder, salt and cinnamon.
2. Blend shortening and sugars.
3. Add whole eggs, one at a time, to sugar mixture, beating well after each egg.
4. Add nuts and flour.
5. Shape into 2 rolls, 2 inches in diameter. Wrap in waxed paper and let stand over night.
6. Slice thin and bake on ungreased baking sheet in hot (400°) oven for 12 minutes.

Oatmeal Cookies (3 Dozen)

2 cups flour
½ tsp. soda
½ tsp. salt
½ tsp. each cinnamon, nutmeg, cloves
¾ cup melted shortening
1 cup honey
1 egg, slightly beaten
1 cup oatmeal
½ cup coconut or nuts or raisins
2 tbsps. undiluted canned milk

1. Sift flour, soda, salt, spices together.
2. Mix shortening, honey, egg.
3. Add flour and oatmeal to sugar mixture alternately with milk.
4. Add coconut and mix well.
5. Drop by teaspoon onto greased baking sheet. Bake in a moderately hot (375°) oven for 8 minutes.

Chocolate Cookies

1½ cups flour
2 tsps. baking powder
¼ tsp. salt
½ cup shortening
1 cup sugar
1 egg, beaten
2 squares chocolate, melted or ½ cup cocoa
½ cup milk
1 tsp. vanilla
1 cup nuts or raisins

1. Sift flour with baking powder and salt.
2. Cream shortening and sugar. Add egg and chocolate (if cocoa is used, sift with flour).
3. Add flour to sugar mixture alternately with milk.
4. Add vanilla and nuts.
5. Drop by teaspoon on greased baking sheet. Bake in moderately hot (375°) oven for 12 minutes.

Plain Cake

2 cups flour
3 tsps. baking powder
¼ tsp. salt
½ cup shortening
½ cup sugar
½ cup corn syrup or maple syrup or ½ cup honey or molasses with ⅛ tsp. soda added to flour mixture
2 eggs
⅔ cup milk
1 tsp. vanilla
May use all sugar (1 cup) and omit syrup in which case use ¾ cup milk

1. Sift flour, baking powder, salt together.
2. Cream shortening and sugar; gradually add syrup.
3. Add eggs, one at a time, beating well after each addition.
4. Add flour and milk alternately, stirring till smooth after each addition. Add flavoring.
5. Bake in well greased 8″ square pan in moderate (375°) oven 35 minutes or until done. (Cake springs back when lightly touched with finger.)

In baking cake at 5000 ft. elevation or above, reduce baking powder by ¼ teaspoon and reduce sugar and sugar substitute by 1 tablespoon each.

Doughnuts (1 Dozen)

2 cups flour
3 tsps. baking powder
½ tsp. salt
¼ tsp. cinnamon
1 tbsp. melted shortening
½ cup sugar
1 egg
½ cup milk

1. Sift flour, baking powder, salt and cinnamon together.
2. Combine shortening, sugar, egg and mix well.
3. Add flour alternately with milk and stir until smooth.
4. Roll out on well floured board to ¼ inch thick. Cut with floured cutter.
5. Fry in deep fat, having it hot enough to brown a 1″ cube of bread in 1 minute (375°).
6. Place 2 to 4 doughnuts in fat. Turn as they rise to top and turn frequently until brown. Drain on paper. Roll in sugar while hot.

To Cook Dried Fruit

1. Wash fruit thoroughly. Soak over night in warm water to cover.
2. Cook the fruit in same water in which it was soaked, using very slow heat, from 1 to 3 hours.
3. Add sugar to taste when fruit is tender and cook until sugar is dissolved.

Apple Sauce

1. Pare and quarter apples. Place in large pan with about ¼ inch water. Cover tightly.
2. Cook slowly 20 minutes or until apples are thoroughly cooked.
3. Mash or put through ricer and add sugar to taste. Cook until sugar is dissolved.

Apple Fritters

Add one cup grated apple for each cup of flour used in hot cake recipe.

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